MH99D3981

PROTECT YOURSELF & YOUR BABY ...

FROM HIV AND AIDS.

MOST PEOPLE DON'T THINK THEY CAN GET HIV.

YOU CAN'T TELL BY LOOKING AT SOMEONE IF THEY HAVE HIV.

- Most people don't think they are at risk for getting HIV.

- However, your risk for getting HIV is **greater** if:
  - You have had unprotected vaginal, anal, or oral sex (sex without a latex/polyurethane condom).
  - You have had any other sexually transmitted disease (STD), such as syphilis, gonorrhea, chlamydia, or herpes.
  - You or your partner(s) have shared needles with anyone for any reason.

- If you are HIV-infected, you can pass HIV to your baby.

THERE IS A DIFFERENCE
BETWEEN HIV & AIDS.

HIV IS THE VIRUS THAT CAUSES AIDS.

- Being infected with HIV does not mean that you have AIDS.
- Many people infected with HIV live healthy lives for many years, with or without any symptoms.
- People don't always know that they have HIV, but they can still pass HIV on to others.
- When a person with HIV develops AIDS, their body's immune system (defenses) is so weak that it cannot fight illness or certain types of cancer.

SO, WHAT DID THEY TELL YOU TODAY?
THAT A WOMAN INFECTED WITH HIV COULD PASS IT ON TO HER BABY.
OB/GYN HOURS:

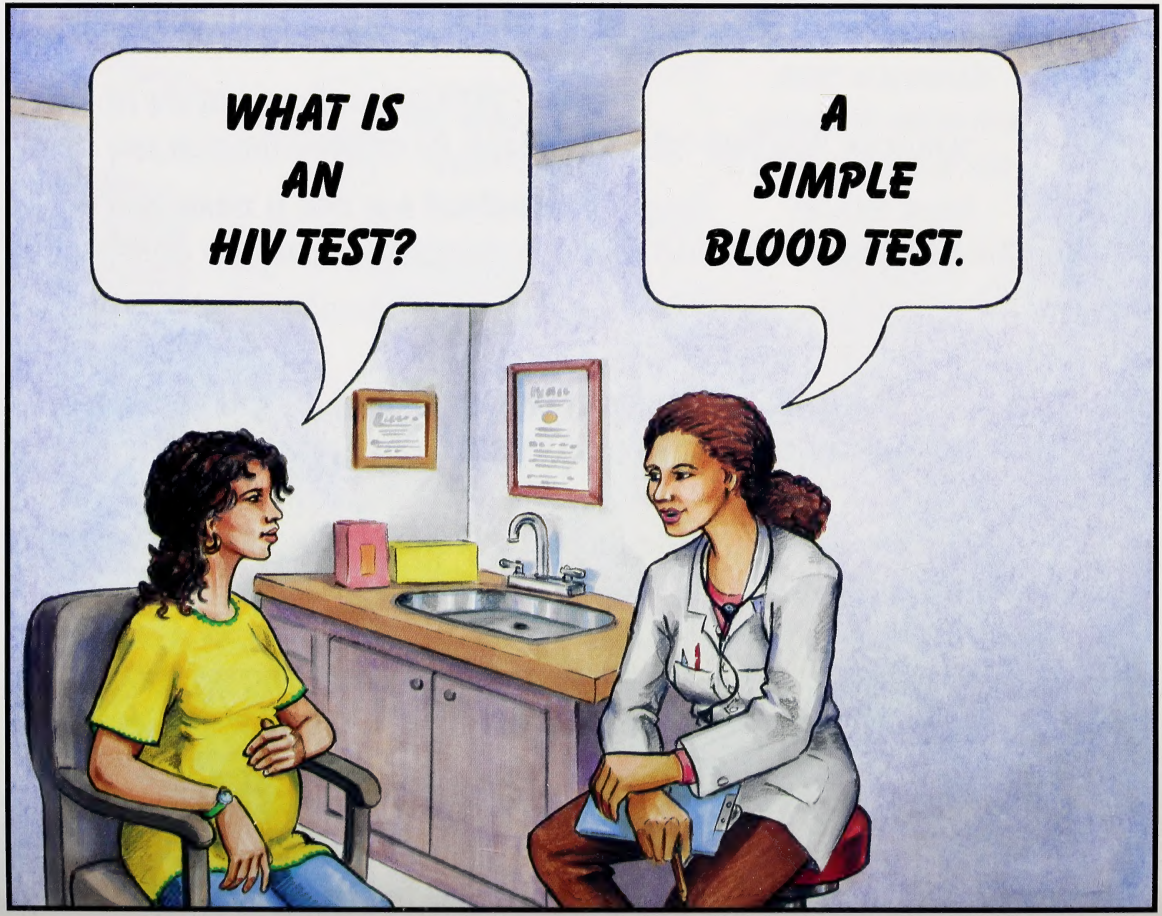
HOW IS HIV TRANSMITTED?

- HIV is primarily spread through having unprotected sex, or sharing needles, for any reason, with an HIV-infected person.

- A pregnant woman who is HIV-infected or who has AIDS can pass HIV to her baby during pregnancy, childbirth, and breast-feeding.

- HIV is not spread through casual contact such as kissing, hugging, holding hands, or from mosquito bites or toilet seats.

- You can protect yourself from HIV by:
  - Using a latex/polyurethane condom (male/female) when you have sex, **even if you are pregnant.**
  - Not sharing needles for injecting drugs, steroids, vitamins, or for tattooing or piercing.


WHAT IS AN HIV TEST?
A SIMPLE BLOOD TEST.

A SIMPLE BLOOD TEST CAN TELL YOU IF YOU ARE INFECTED WITH HIV.

- If you have HIV, your body will react by producing antibodies specifically targeting HIV. The HIV test looks for these antibodies.

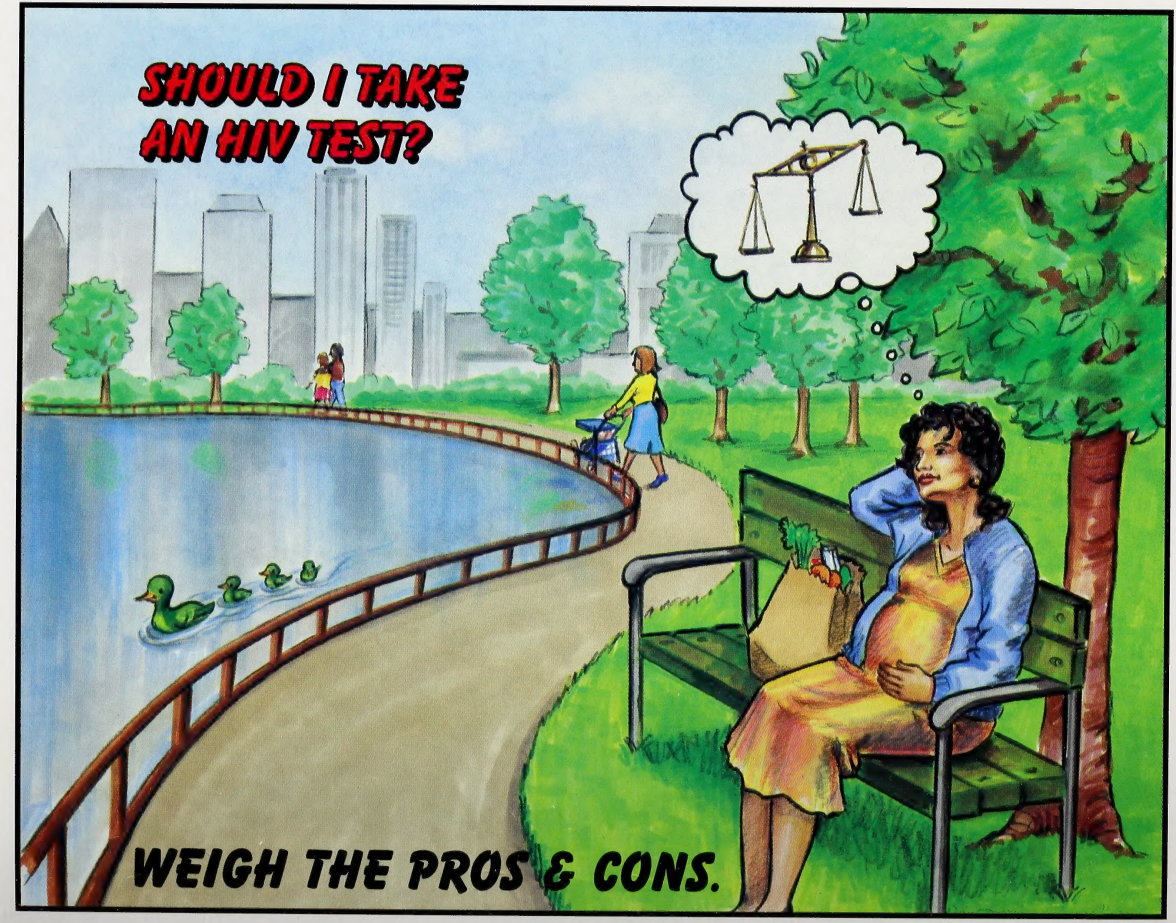
- If your HIV test result is **negative**, it may mean that:

  A) You are not infected with HIV, **or**

  B) You are infected with HIV, but your body has not had enough time to react to the virus by producing antibodies.

- It can take up to six months after you have had contact with the virus for it to show up in the test. Therefore, you may need to be re-tested at a later date.

- If your HIV test result is **positive**, it means that you are infected with HIV.


SHOULD I TAKE AN HIV TEST?
WEIGH THE PROS & CONS.

THE BENEFITS OF TAKING AN HIV TEST.

- The earlier you know your HIV status, the more options there are for you and your pregnancy.
- You might be nervous about taking an HIV test, but it is important for you and your pregnancy.
- If you are HIV positive, there are treatments to help reduce the chance of passing HIV to your baby.
- If you decide not to take the HIV test during your pregnancy, you may decide to have your baby tested after he/she is born. If your newborn baby's HIV test result is positive, then **YOU** are infected with the virus.
- This also means that your newborn has come into contact with HIV, and it is important to speak to your health care provider.
- Early treatment for babies who test positive for HIV is critical to their health.

IF I AM HIV POSITIVE ...

WILL MY BABY BE INFECTED?

IF I AM HIV POSITIVE, WILL MY BABY BE INFECTED?

- At this time, there is no easy answer to this question.
- If you are HIV positive and pregnant, depending on your health and the level of HIV in your body, you have about a 1 in 4 chance of passing HIV to your baby.
- You can pass HIV to your baby during pregnancy, childbirth, and breast-feeding.

IF I TAKE THE TEST AND I'M HIV POSITIVE, THEN WHAT?
THERE ARE TREATMENT OPTIONS.
Results of the 076 Study
With AZT
Without AZT
1 of every 12 babies got HIV
3 of every 12 babies got HIV

IF YOU ARE HIV POSITIVE, THERE ARE MEDICAL TREATMENTS THAT MAY REDUCE THE CHANCE OF PASSING HIV TO YOUR BABY.

- Today, one treatment called AZT (ZDV) has been shown to reduce the chances of HIV positive women passing the virus to their babies from 3 in 12 babies infected to 1 in 12 babies infected.

- However, the use of medical treatments **does not eliminate** the risk of transmission of HIV to your baby, but it **does reduce it.**

- There are warnings to consider about **all** medical treatments. If you are HIV positive, discuss all of your options with your health care provider, including the risks and benefits of all treatments.

I KNOW IT'S IMPORTANT TO TAKE AN HIV TEST, BUT, I'M STILL NERVOUS.
YOU HAVE LOTS OF CHOICES AND, REMEMBER, I'LL BE HERE FOR YOU.

IF YOU TAKE AN HIV TEST AND LEARN THAT YOU ARE INFECTED, THE IMPORTANT THING TO REMEMBER IS THAT YOU HAVE CHOICES.

- If you are HIV positive, **some** of your choices are:
  - To continue your pregnancy and begin medical treatments.
  - To continue your pregnancy without medical treatments.

  Remember, these are only a few of your options.

- If you are HIV positive, discuss **all** of your options with your health care provider, health educator, social worker, or a counselor.

- Also, talk to someone that you trust to help you with these decisions.

I NEED TO TALK TO YOU ABOUT TAKING AN HIV TEST.
OKAY ... BUT WHY?

HOW DO I TALK TO MY PARTNER ABOUT TAKING AN HIV TEST?

- It is important to talk to your partner about taking an HIV test.
- Talking to your partner does not have to be difficult, but it is critical for your health and the health of your baby and partner.
- Before talking to your partner, plan what you are going to say.
- Find a place to talk where both of you feel comfortable and safe.
- Encourage your partner to also take an HIV test.
- Explain that it is important for both of you to know your HIV status because it could affect your health and the health of your baby.
- For more information, contact your local health department or talk to your health care provider, social worker, or a counselor.

THE CHOICE IS YOURS!

ONLY YOU CAN DECIDE WHETHER OR NOT TO TAKE AN HIV TEST.

The more you know about your own health, the better your chances are of being healthy and of having a healthy baby.

REMEMBER ...

- You can protect yourself from HIV by:
  - Using a latex/polyurethane condom (male/female) when you have sex, even if you are pregnant.
  - Not sharing needles for injecting drugs, steroids, vitamins, or for tattooing or piercing.

- If you are HIV-infected or you have AIDS and are pregnant, you can pass HIV to your baby during pregnancy, childbirth, and breast-feeding.

- It is important to take an HIV test for your health and your pregnancy.

- Early treatment of HIV can help you stay healthy and may prevent your baby from getting HIV.

HIV CAN AFFECT YOUR HEALTH AND THE HEALTH OF YOUR BABY.

ASK YOUR PROVIDER ABOUT TAKING AN HIV TEST.

CALIFORNIA HIV/AIDS HOTLINE

English - Spanish - Filipino ..... (800) 367-AIDS

TDD ..... (888) 225-AIDS

Funded by the California Department of Health Services/Office of AIDS and the U.S. Department of Health & Human Services/Health Care Financing Administration.

Written and Produced by Innovative Health Solutions, Inc. in conjunction with the California Department of Health Services/Office of AIDS.

Designed and Illustrated by Hanan Graphics/Parr Illustrations.

This material is provided by the California AIDS Clearinghouse, a program of the L.A. Gay & Lesbian Center, serving all of California.

(213) 845-4180 • Visit our website at WWW.HIVINFO.ORG

CAC 07/97